

June 2022 – Term 6

## CLF's BIG Trip

At the end of May, seven of our CAB students joined up with students from all CLF secondary schools to attend the BIG Trip in Aberdovey, Snowdonia. They spent the week hiking up mountains, camping in the torrential rain, jumping off piers, building rafts, completing jet boat swims and the trapeze, amongst many other team building challenges. The students all showed amazing resilience to overcome some of their biggest fears and challenges. They worked together not only as a school but with students across all schools, making new friends at the same time. It was an experience they should be proud of and an incredible opportunity that I hope they will look back on and be pleased with what they achieved whilst creating some great memories. Some students have also been selected to attend the Summer Camp based upon the determination, motivation, and teamwork they demonstrated throughout and for enthusiastically throwing themselves into every challenge they faced.

Student comment: 'the trip has showed me that I'm far more capable than I realised'.



### Important Dates

#### REMAINING TERM DATES

##### Term 6

Monday 6<sup>th</sup> June 2022  
to Thursday 21<sup>st</sup> July 2022

#### INSET DAYS

Friday 8<sup>th</sup> July 2022

#### OTHER DATES TO BE AWARE OF

Thursday 21<sup>st</sup> July 2022 –  
students finish school at 12pm

Friday 22<sup>nd</sup> July 2022 – closure  
day

Visit our new website for news and events:

<https://cityacademybristol.clf.uk/>

Follow us on Twitter @\_City\_Academy

# EAL Trip to University of Bristol

On 6th May, a group of 27 EAL students went on a trip to the University of Bristol School of Education. They took part in a series of workshops such as: Science, Photography, Cooking and Sports. Our group, who are newly arrived to England had a chance to experience learning through fun and stimulating activities run by the trainee teachers from the university.

## HPV Vaccination Catch-up Clinics

HPV vaccination catch-up clinics are available for Year 8 students who did not receive their vaccination at school. There are appointments available in your area (St Pauls Learning Centre) in half-term. Please book an appointment at <https://imms.sirona-cic.org.uk/hpv/2021/book> If you have any queries please contact the Immunisation Team directly on 0300 124 5515 or email [sirona.sch-imms@nhs.net](mailto:sirona.sch-imms@nhs.net)

## Online Safety Update: BeReal App

BeReal is a social media app but a little different given that you only post once a day, the app determines when you post by sending a notification. This notification is sent to all users at the same time and you have to take an image and post straight away. In secondary schools this is gaining popularity and Internet Matters have done a useful guide for parents and teachers.

<https://www.internetmatters.org/hub/news-blogs/what-is-bereal-app/>



## Heart Starters

Within the PSHE curriculum students have the chance to learn about basic first aid and preservation of life. At the end of last term pupils in year 8 and 9 were able to take part in the 'Heart Starters' course which was delivered by the Great Western Air Ambulance Service. Great Western Heartstarters is a training initiative run by Great Western Air Ambulance Charity (GWAAC). It's aims to train all children in our region (Bristol, Bath and North East Somerset, North Somerset, South Gloucestershire and Gloucestershire) how to deliver effective CPR and use an Automated External Defibrillator (AED).

The Air Ambulance Service complete this training with young people because over a third of the missions the GWAAC Team attend are cardiac arrests – where someone's heart and breathing have stopped. In a situation where someone's life is in danger, every minute counts. The GWAAC Critical Care Team can be anywhere within our region within 20 minutes, but the care the patient receives before we get there can play a vital role in their survival.

This was a great opportunity for students to learn vital lifesaving skills from experts in their field. Students were taught how to perform PCR and how to use a delibrator on someone who needs it. Students will be presented with a certificate at the end of the school year to acknowledge their achievements.



## Parent Coffee Mornings

A reminder that Parent Coffee Mornings take place at City Academy every Thursday morning from 9.30am until 10.30am.

These are run by our Family Support Team. If you would like further information. Please feel free to contact them by email on Azmina.mitha@clf.uk and Hinda.Noor@clf.uk Or by phone 0117 9413800 - Extension 232 (Azmina) or Extension 257 (Hinda).

### Year 11 Prom

The Year 11 Prom is taking place on Friday 1st July 2022 at The Marriot Hotel, Castlemead, Bristol. Tickets are now available to purchase for £10 each. Year 11 students can only purchase these during break and lunch time from Ms Benjamin in the Finance Office (A1.24). If parents wish to purchase them on their child's behalf, this can be done via ParentPay. There are very few tickets left and these will be sold on a first come first serve basis.

### Parent Contact Details

Please let us know if you have a new mobile number or have changed address or any other contact details.

We ideally need to have 3 contacts for each student in case of an emergency.

Please call us on 0117 9413800 or by email to [CABinfo@clf.uk](mailto:CABinfo@clf.uk) if you would like to check or amend any details.

All parents are welcome, there is no need to book.



Image from our last Parent Coffee Morning

## Show your Heart

Students and staff joined Bristol City of Sanctuary in the centre of Bristol to "Show their Heart" and show support to refugees and let them know that there is sanctuary in Bristol. Please follow the link to see their video:

[https://www.youtube.com/watch?v=mrYsNK\\_CqZg](https://www.youtube.com/watch?v=mrYsNK_CqZg)



# Bristol City of Sanctuary

# **Covid-19 Vaccine Drop-In Clinics**

9th - 18th June 2022: **5-11 year olds**

## **Thursday 9 June**

4:00pm -6:30pm: Bristol Rapid Testing Centre, Wellington Road, Bristol BS2 9DA

## **Friday 10 June**

11:30-5:30pm: Ridgewood Community Centre, 244 Station Road, Yate, BS37 4AF

## **Saturday 11 June**

10:00 am-4:30pm: Barton Hill Well Spring Healthy Living Centre, Beam Street Barton Hill Bristol, BS5 9QY

08:30-11:45am: Bristol Rapid Testing Centre, Wellington Road, Bristol BS2 9DA

12:30-3:30pm: Bristol Rapid Testing Centre, Wellington Road, Bristol BS2 9DA

## **Monday 13 June**

12:00-6:00pm: Coniston Road Community Centre, The Parade, Coniston Road, Patchway, BS34 5LP

## **Tuesday 14 June**

12:30-6:00pm: Bourneville Family Clinic, The For All Healthy Living Centre, 68 Lonsdale Avenue, Weston-Super-Mare, BS23 3SJ

4:00pm -6:30pm: Bristol Rapid Testing Centre, Wellington Road, Bristol BS2 9DA

## **Wednesday 15 June**

12 noon-7:00pm: Easton Family Christian Centre, Beaufort Street, Easton, Bristol, BS5 0SQ

## **Thursday 16 June**

4:00pm -6:30pm: Bristol Rapid Testing Centre, Wellington Road, Bristol BS2 9DA

## **Friday 17 June**

11:30-5:30pm: Ridgewood Community Centre, 244 Station Road, Yate, BS37 4AF

## **Saturday 18 June**

10:00 am-6:00pm: Symes Centre, Peterson Avenue, Hartcliffe, Bristol, BS13 0BE

08:30-11:45am: Bristol Rapid Testing Centre, Wellington Road, Bristol BS2 9DA

12:30-3:30pm: Bristol Rapid Testing Centre, Wellington Road, Bristol BS2 9DA

**Check before you travel -**

**<https://bnssghealthiertogether.org.uk/book-your-vaccine/covid/>**



# **Covid-19 Vaccine Drop In Clinics**

9th - 18th June 2022: **12-15 year olds**

## **Thursday 9 June**

- 4:00pm-6:30pm: The Vaccination Centre @ UWE, Coldharbour Lane, Frenchay, Bristol, BS16 1QY

## **Saturday 11 June**

- 10:00 am-4:30pm: Barton Hill Well Spring Healthy Living Centre, Beam Street Barton Hill Bristol, BS5 9QY

## **Tuesday 14 June**

- 12:30-6:00pm: Bourneville Family Clinic, The For All Healthy Living Centre, 68 Lonsdale Avenue, Weston-Super-Mare, BS23 3SJ

## **Wednesday 15 June**

- 12 noon-7:00pm: Easton Family Christian Centre, Beaufort Street, Easton, Bristol, BS5 0SQ

## **Friday 17 June**

- 11:00am-4:30pm: St Pauls Learning Centre Community Health Clinic BS2 8XJ

## **Saturday 18 June**

- 10:00 am-6:00pm: Symes Centre, Peterson Avenue, Hartcliffe, Bristol, BS13 0BE

**Check before you travel -**

**<https://bnssghealthiertogether.org.uk/book-your-vaccine/covid/>**



# **Covid-19 Vaccine Drop In Clinics**

9th - 18th June 2022: **16Years +**

## **Thursday 9 June**

11.30am-2.15pm 3.00pm-6.30pm: The Vaccination Centre @ UWE, Coldharbour Lane, Frenchay, Bristol, BS16 1QY

## **Friday 10 June**

8.30am-11.45pm 12.30pm-3.30pm: The Vaccination Centre @ UWE, Coldharbour Lane, Frenchay, Bristol, BS16 1QY

## **Saturday 11 June**

8.30am-11.45pm 12.30pm-3.30pm: The Vaccination Centre @ UWE, Coldharbour Lane, Frenchay, Bristol, BS16 1QY

10:00am-4:30pm: Barton Hill Well Spring Healthy Living Centre, Beam Street Barton Hill Bristol, BS5 9QY

## **Sunday 12 June**

11:00am-3:00pm: Wai Yee Hong – Chinese Supermarket, Eastgate Road, Eastville, Bristol, BS5 6XX

## **Tuesday 14 June**

11.30am-2.15pm 3.00pm-6.30pm: The Vaccination Centre @ UWE, Coldharbour Lane, Frenchay, Bristol, BS16 1QY

12:30-6:00pm: Bourneville Family Clinic, The For All Healthy Living Centre, 68 Lonsdale Avenue, Weston-Super-Mare, BS23 3SJ

## **Wednesday 15 June**

11.30am-2.15pm 3.00pm-6.30pm: The Vaccination Centre @ UWE, Coldharbour Lane, Frenchay, Bristol, BS16 1QY

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11:00am-4:30pm: St Pauls Learning Centre Community Health Clinic BS2 8XJ

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**Check before you travel -**

**<https://bnssghealthiertogether.org.uk/book-your-vaccine/covid/>**







## OVER 18? NOT WORKING? NEED HELP?

West of England Works can support you to make realistic goals and build confidence. Through our free, personalised support programme you get:

- One to one support to suit your needs. Help with CV writing and job searching, as well as linking you in to other services across the city, based on the things you need help with.
- Help accessing other services within Wellspring Settlement, for example BOOST Finance, Food Club, and social wellbeing groups such as coffee mornings aimed at over 55s. Access to free workshops and courses; Beginners IT, Maths & English, ESOL, personal wellbeing and more.
- Support to help make job search work for you, help with references and bus fares.

**Get in touch to see if you are eligible for support. Contact [jodie.freeman@wsb.org.uk](mailto:jodie.freeman@wsb.org.uk) or call 0117 9548899 or 07754113310.**

West of England **Works** 





# WEST OF ENGLAND WORKS

Supporting you to overcome your barriers and reach your goals in employment, education, training & job searching.

**AT WELLSRING SETTLEMENT,  
BARTON HILL, BRISTOL.**

WELLSRING SETTLEMENT - A COMPANY REGISTERED IN ENGLAND AND LIMITED BY GUARANTEE, NUMBER 5031499, AND REGISTERED AS A CHARITY, NUMBER 1103139  
REGISTERED OFFICE: 43 DUCIE ROAD, BARTON HILL, BRISTOL BS5 0AX

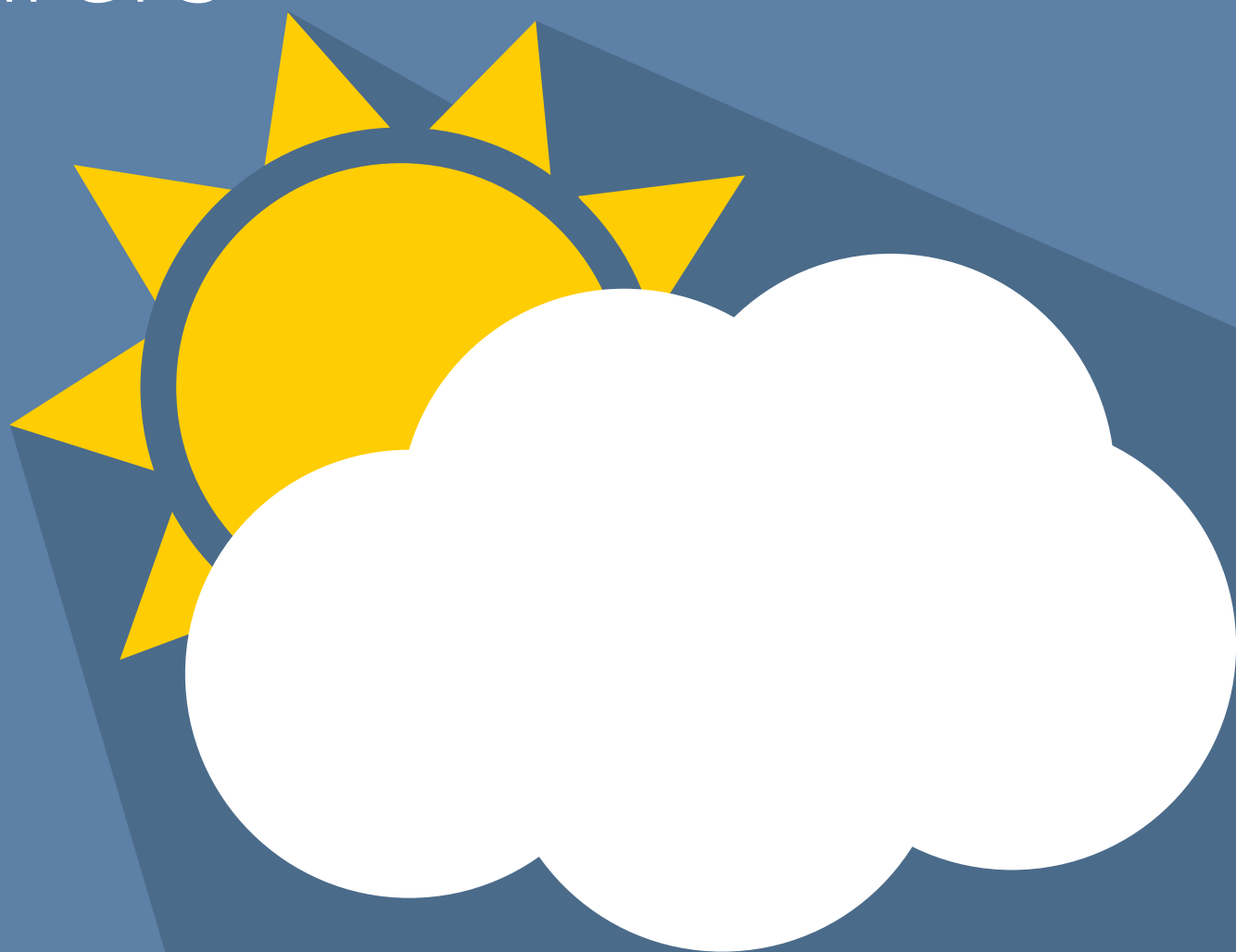
West of England **Works** 





# Coping with self-harm

A Guide for  
Parents and  
Carers



# About this guide

This guide was developed from talking to parents and carers of young people and is aimed at helping parents, carers, other family members and friends cope when a young person is self-harming. It includes information on the nature and causes of self-harm, how to support a young person when facing this problem and what help is available.

# What is self-harm?

Self-harm is behaviour that is done deliberately to harm oneself. At least 10% of adolescents report having self-harmed. Self-harm can include, for example:

- self-cutting
- taking an overdose
- hitting or bruising
- intentionally taking too little or too much medication
- burning
- hanging
- suffocation

Although some people who self-harm may be suicidal, self-harm is often used as a way of managing difficult emotions without being a suicide attempt. However, self-harming can result in accidental death.



## Is your child self-harming?

As a parent, you might suspect your child is self-harming. If you are worried, watch out for these signs:

- Unexplained cuts, burns or bruises
- Keeping themselves covered; avoiding swimming or changing clothes around others
- Being withdrawn or isolated from friends and family
- Low mood, lack of interest in life or depression
- Blaming themselves for problems or expressing feelings of failure, uselessness, hopelessness or anger

## What makes a young person vulnerable to self-harm?

**Individual Factors:** e.g., depression, anxiety, low self-esteem, hopelessness, poor problem-solving, impulsivity, eating disorders, drug or alcohol abuse, bullying (e.g., because of race or sexuality)

**Family Factors:** e.g., mental health difficulties in the family, poor parental relationships, drug/alcohol misuse in the family, unreasonable expectations, conflict between young person and parents, excessive punishments or restrictions, family history of self-harm, abuse, neglect

**Social Factors:** difficulties in peer relationships, bullying, peer rejection, abuse, availability of methods of self-harm, friends who self-harm, media and internet influences

**“I think for parents... it’s important to know that you are not alone”**

HealthTalk.org parent interview



## Reasons for self-harm

Self-harm can serve several different functions:

- to manage extreme emotional upset
- to reduce tension
- to provide a feeling of physical pain to distract from emotional pain
- to express emotions such as hurt, anger or frustration
- a form of escape
- an effort to regain control over feelings or problems
- an attempt to punish themselves or others
- to elicit care from others
- to identify with a peer group
- self-harm can also be a suicide attempt

**“If you’re hurting so badly in your head, to harm yourself on your skin... stops the feelings in your head.”**

Healthtalk.org parent interview

## Possible future problems

- Self-harm can be a serious problem
- Repeated self-harm is common following a first episode
- Depending on the method, self-harm can lead to serious physical damage, including permanent scarring, the medical effects of a dangerous overdose, etc.
- Self-harm may be linked to other problems, such as depression, anxiety, eating disorders or drug and alcohol use, for which specific treatment may be required
- Individuals who have self-harmed are at higher risk of suicide than other young people, although the risk is still low

**For these reasons, it is important where possible to tackle self-harming behaviour early.**

## Finding out about self-harm

Some children may tell their parents about their self-harm; other parents find out from friends, teachers or medical staff.

Discovering that your child is self-harming can be very upsetting and stressful. Parents may experience a range of emotions, including anger, sadness, helplessness, shame or disgust. It is normal to feel strong emotions and important to try and understand and accept them so that you don't risk misdirecting them at your child. Try to think of their behaviour as an expression of deep emotions they can't handle any other way.

**“We worked out that if she sent me a blank text, I knew that she needed some company or a cuddle or some distraction.”**


HealthTalk.org parent interview

## Supporting your child

- Have a conversation, but don't bring up self-harm straight away
- You could organise this around another activity, like a walk or drive
- Ask if anything is worrying them and how they are feeling
- Let them know you are not judging them or putting them down, and that you love them and that will not change
- Show that you are prepared to listen to what your child has to say
- If your child does not want to talk, see if they will write you a note, email or text message about how they feel
- Ask if they would rather speak to someone else (e.g., a GP, counsellor or helpline)
- If your child is able to be open about their self-harm, try to help them work out feelings and situations that may trigger it
- Try to think together of ways to handle strong feelings that don't involve self-harm (see “Alternatives to Suggest” on page 7 for ideas)
- Help them think through their problems and see possible solutions
- Encourage them to think about the long view and how things may change in the future

## Other ways to help:

- Take talk of suicide very seriously
- Don't let self-harm become the focus of your relationship with your child
- Try to deal with self-harm in a matter-of-fact manner
- Let your child know that their emotions are real and important
- Remind your child of their strengths and abilities
- Reassure them that you do not think they are a failure whatever their difficulties
- Explain to your child that you want to help but may not know the best thing to do, and try to come up with a solution together (e.g., visiting the GP)
- Work out with your child how to make it more difficult for them to self-harm (e.g., by storing medication securely or removing sharp objects)
- Watch for signs of bullying or abuse that may be triggering self-harm



**“I used to ask, ‘On a scale from nought to ten, with nought being the worst and ten being the best, how low are you feeling?’”**

HealthTalk.org parent interview



# Managing injuries from self-harm

**If you are concerned about a wound (e.g., if it is too deep to manage at home) or other serious injuries you should seek emergency medical help through your local Accident and Emergency service**

## Overdoses:

- Get your child to an emergency department as soon as possible
- Try to find out what they have taken and tell emergency medical staff
- If your child won't tell you, look around for empty pill bottles or blister packs

**“I went into practical mode. Maybe practical mode was easier to deal with than emotional mode. So you buy your antiseptic and you buy your cotton wool and you look after the cuts because that's the easy bit.”**

HealthTalk.org parent interview

## Cuts and Wounds:

- Apply pressure to bleeding cuts using a bandage or towel (a tea towel may be less likely to stick to the wound)
- Clean the wound under running tap water and apply a sterile adhesive dressing
- If the wound has become infected (e.g., swelling, pus forming or spreading redness), encourage your child to seek medical help

## Burns:

- Cool with cold water for 10 to 30 minutes, then cover with cling film
- Don't use ice or any creams or greasy substances such as butter

For more information on handling wounds and burns, and information about when to see a doctor, see [www.nhs.uk](http://www.nhs.uk) or ring NHS Direct on 111.

## Scars:

- If your child has scars they are embarrassed about, you can look into commercial products that may help them fade
- Scars can also be covered by makeup
- Remind your child that most scars will eventually fade

## Alternatives to self-harm

Because self-harm is helping your child to cope with difficult feelings, it is important to think of other ways they might manage their feelings. These can include distraction, stress management techniques, and thinking of alternative methods of discharging extreme emotions. Sometimes joining a social activity or sports group can be helpful as a distraction. This can also provide a form of social support.

Some people find that putting off harming themselves can decrease or get rid of the urge. Reducing the accessibility of objects that might be used for self-harm (e.g., pencil sharpeners, knives, medication etc.) may help to delay the impulse to self-harm.

**“Don’t give up. There is help out there.”**

Healthtalk.org parent interview

## Alternatives to suggest

### **Soothing/Stress Relief/Distraction:**

- Going for a walk, looking at things and listening to sounds
- Create something: drawing, writing, music or sculpture
- Going to a public place, away from the house
- Keeping a diary or weblog
- Stroking or caring for a pet
- Watching TV or a movie
- Getting in touch with a friend
- Listening to soothing music
- Having a relaxing bath

### **Releasing emotions:**

- Clenching an ice cube in the hand until it melts
- Snapping an elastic band against the wrist
- Drawing on the skin with a red pen or red paint instead of cutting
- Sports or physical exercise
- Using a punchbag
- Hitting a pillow or other soft object
- Listening to or creating loud music

## When to seek further help

If you are concerned about your child, particularly if the self-harm or distress increases or you notice problems such as anxiety or low mood, you should seek further help.

- This is best done through your general practitioner (GP), who may refer your child to a community Child and Adolescent Mental Health Services (CAMHS) where an assessment would be done and a plan made for support and treatment
- If your child is reluctant to get help or doesn't acknowledge the risks you can still receive advice from your GP
- Telephone advice lines can give you information (see sources of information at the back of this booklet)
- If your child goes to hospital for any reason related to self-harm, they should be seen by someone who will talk to them about self-harm and assess their mental well-being. If it is not clear whether this has happened, ask the staff about it

## Telling others

Think carefully about who to tell about your child's self-harming. This includes thinking about their possible reactions, and balancing your child's need for privacy with your need for support.

Many parents say secrecy can make things more difficult: it can add to the pressure on both parents and child, and take away sources of help and comfort from other family members.

Talking to people you trust can be a huge help. If you haven't told family members yet, you might consider speaking to a counsellor or calling a helpline to work through your feelings and decide how and when you might broach the topic of your child's self-harm with friends and family.

**“As soon as you mention family mental health problems to a friend, it is quite common to have them reply, ‘Do you know, I have that as well.’”**


Healthtalk.org parent interview



## Other family members

You and your child can think together about how much you want to tell other family members, including brothers and sisters, about the self-harm

- Explain to other children and close family that your child is going through a difficult time – you do not need to give details
- Siblings may feel angry or that their sibling who is self-harming is being selfish and causing distress in the family
- You are still the parent: don't be afraid to set boundaries on your child's behaviour (e.g., how they treat siblings)
- Remember your other children need your attention and support as well
- Try to help them manage their feelings
- Watch for similar behaviours in your other children
- Remind them of other ways to cope: e.g., talking, relaxation, sports or art
- Listen to them and remind them that you love them
- The wider family may or may not understand why a child would self-harm, so you and your immediate family will have to think about how they might react and how you want to manage this



**“Don't ever be ashamed of talking about self-harm... I guarantee there are fifty other people in the same boat.”**

HealthTalk.org parent interview

## Attending to your own needs

It is normal for parents to experience strong emotions and it is important that you look after yourself as well as your child. Recovery from self-harm may be a long process, so try to find time for relaxation. Pay attention to the physical signs of stress, such as stomach aches, difficulty sleeping, or depression.

Take time for yourself when you are upset. Do things you enjoy, such as going out with friends, exercise, hobbies, etc.

Learn to identify and accept your own feelings. It may help to write them down. Find an outlet for your emotions, such as talking to a friend, relative or therapist. You may find other emotions coming out as anger – be careful that your child does not think this is directed at them.

Give yourself permission only to do things that really need doing and don't worry about less important tasks. Take time off work if you are able, and accept help from family and friends.

## Try to keep communicating

Your child may remember what you say even if they don't seem to be listening at the time, and may take your advice or talk to you later.

## Don't give up on your child

Trying to help your child may sometimes be frustrating. However, when they push you away is often when they need you the most. Remember, most young people who self-harm will stop sooner or later.

**“I see the future as like a contour map – she will continue to get better and she will have long periods where life is good”**

HealthTalk.org parent interview

# Sources of help

## Help for parents and carers

### Professional Help:

GPs  
School Nurses  
Counsellors/Therapists

### Helplines and Online Information/ Support:

#### Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
Young Minds Parent Helpline:  
0808 802 5544  
(Mon–Fri 9.30am–4pm)

#### Samaritans

116 123  
[www.samaritans.org](http://www.samaritans.org)

#### Mind (over 18s only)

[www.mind.org.uk](http://www.mind.org.uk)

#### Rethink

[www.rethink.org](http://www.rethink.org)

#### Harmless

[www.harmless.org.uk](http://www.harmless.org.uk)

#### Royal College of Psychiatrists

[www.rcpsych.ac.uk/healthadvice/  
parentsandyouthinfo/parentscarers/  
self-harm.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/self-harm.aspx)

## Help for young people

### Professional Help:

GPs  
School Counsellors  
School Nurses  
Child and Adolescent Mental  
Health Services\*

Adult Mental Health Services\*

\*Usually through referral by GP or other professional

### Helplines and Online Information/ Support:

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
Childline – 0800 1111  
[www.childline.org](http://www.childline.org)  
Samaritans – 116 123  
[www.samaritans.org](http://www.samaritans.org)  
[www.harmless.org.uk](http://www.harmless.org.uk)

Further Reading: *“The Parent’s Guide to Self-Harm”* by Jane Smith, Oxford: Lion Hudson.

For more information on the experiences of other parents and carers, go to <http://www.healthtalk.org/self-harm> or scan this code:







CENTRE  
FOR  
SUICIDE  
RESEARCH

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**YOUNGMINDS**  
The voice for young people's mental health and wellbeing



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